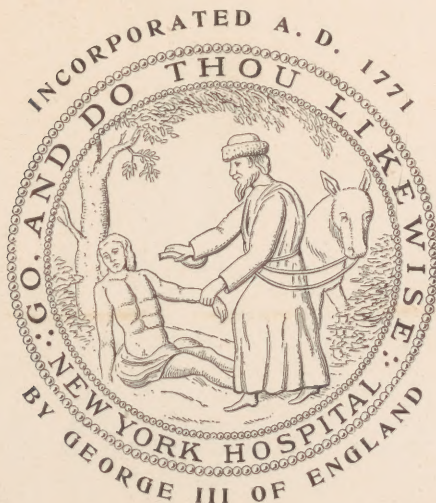


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THE PSYCHOPATHIC BRANCH OF THE NEW YORK HOSPITAL

AT BLOOMINGDALE,
WHITE PLAINS, N. Y.



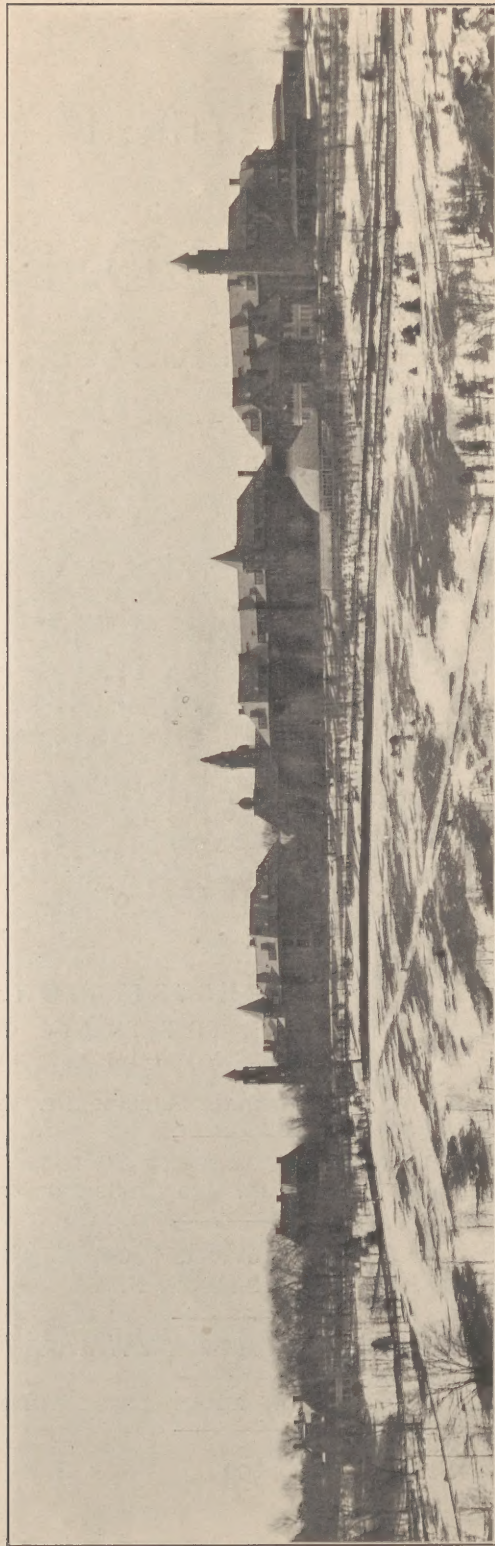
BRIEF HISTORY, DESCRIPTION, AND
OUTLINE OF MORAL TREATMENT, Etc.,
By DOCTOR PLINY EARLE,
PHYSICIAN IN 1848 OF BLOOMINGDALE ASYLUM, NEW YORK CITY.

REVISED AND CORRECTED TO DATE
By SAMUEL B. LYON, M. D., MEDICAL SUPERINTENDENT.

DESCRIPTION AND ILLUSTRATIONS OF NEW HOSPITAL
AT WHITE PLAINS, N. Y.

GUIDE FOR ATTENDANTS.

CONCISE INFORMATION ABOUT BLOOMINGDALE.



EASTERN FRONT, COTTAGES AND GREEN HOUSE.

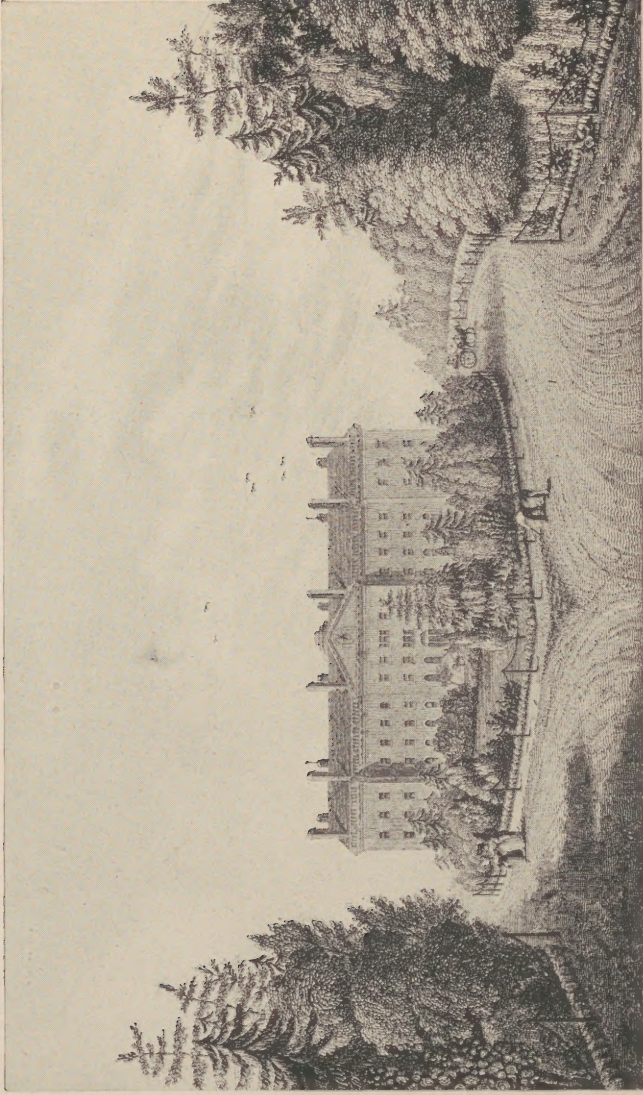
ORIGIN AND PROGRESS OF THE BLOOMINGDALE ASYLUM.

The origin of the Institution now known as the Bloomingdale Asylum for the Insane, may be considered as going back to that of the New York Hospital, of which it is still a branch, and under the direction of the same Board of Governors. The first movement towards the foundation of the Hospital is thus mentioned in an address delivered by Dr. Peter Middleton, in Columbia (then King's) College, in the City of New York, on the 3d of November, 1769.

"The necessity and usefulness," says he, "of a public infirmary, has been so warmly and pathetically set forth in a discourse delivered by Dr. Samuel Bard, at the college commencement, in May last, that his Excellency, Sir Henry Moore, immediately set on foot a subscription for that purpose, to which himself and most of the gentlemen present liberally contributed."

Subscriptions to this fund were continued, and in 1770, Doctors Peter Middleton, John Jones and Samuel Bard presented to the Colonial Government a petition for the incorporation of a public hospital, which was granted by a charter bearing the date of June 13th, 1771, incorporating the "Society of the Hospital, in the City of New York, in America." The management of the Institution was vested in a Board of twenty-six Governors. The philanthropic enterprise was also aided by the celebrated Dr. John Fothergill, and Sir William Duncan, of England, through whom the funds of the Society were considerably increased, by donations from persons in different parts of Great Britain.

A building was commenced in 1773, and having progressed almost to completion, was nearly consumed by fire on the 28th of February, 1775. Through pecuniary aid from the Colonial Legislature, the Governors were enabled to reconstruct the edifice; but the Revolutionary War, as well as some other causes, prevented it from being ready for the reception of patients until the 3d of January, 1791. It was then opened as a hospital for general diseases.



BLOOMINGDALE ASYLUM, 1821.

In the month of May, 1797, two cases of mania were admitted. This is the first notice which we have been able to discover of the treatment of insanity in this Institution, but as the record states that, in the same month, two cases were cured and one died, it is evident that at least one had been previously admitted. In the following month, June, seven cases of mania were received, two were cured and two relieved.

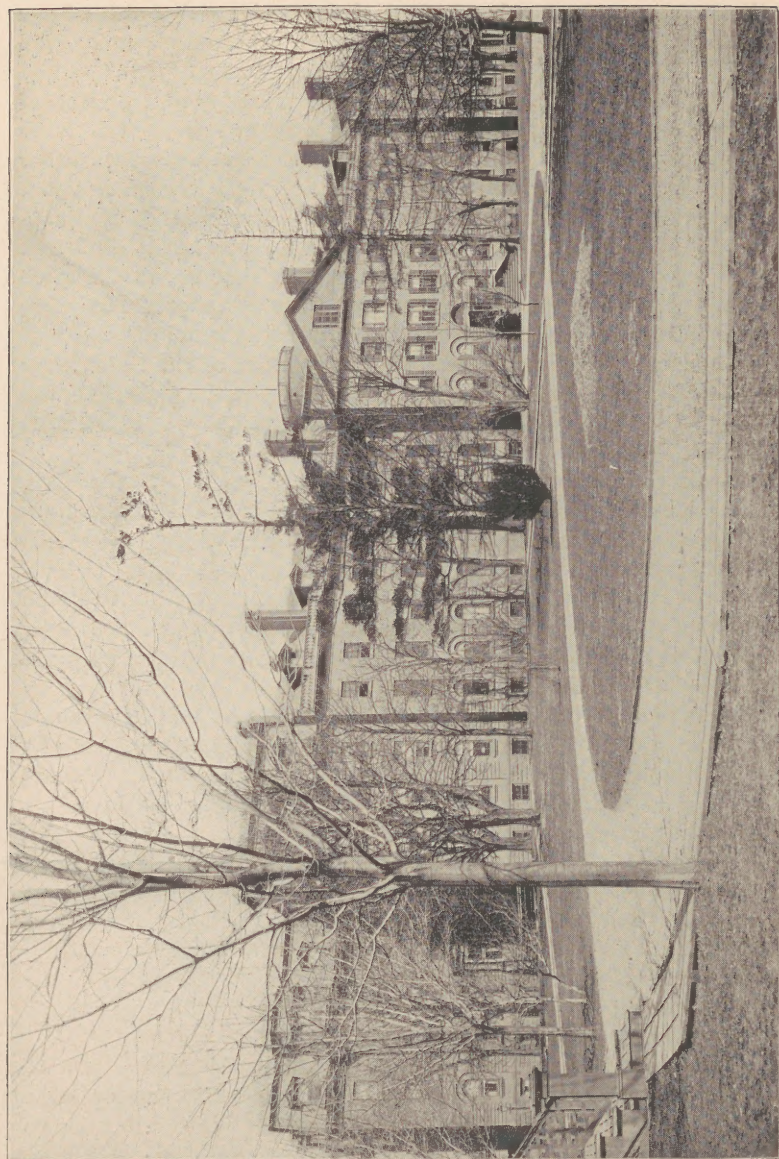
The whole number of insane received previously to the 31st of December, 1803, was 215. This class of patients appears now to have been rapidly increasing. The apartments devoted to them were neither sufficiently extensive, nor well adapted to their proper accommodation. Influenced by these considerations, as well as by the multiform annoyances and disadvantages to both classes of patients, necessarily attendant upon placing lunatics and patients with general diseases in the same building, the Board of Governors resolved to erect a separate building to be exclusively devoted to persons laboring under mental disorder.

Having received assistance from the Legislature of the State, they erected a substantial and spacious stone edifice, on the grounds of the Hospital in the city, within the same enclosure, and but a few rods distant from the original building.

It was finished and opened on the 15th of July, 1808. On that day, nineteen patients were removed to it from the wards of the other building, and forty-eight were admitted. This new department was called the "Lunatic Asylum," and Dr. Archibald Bruce received the appointment as its Physician. In 1817, he was succeeded by Dr. William Handy, upon whose resignation in 1819, Dr. John Neilson was appointed, and fulfilled the duties of the office until July, 1821, when the building ceased to be used for the insane.

The experience gained during the progress of the Asylum, enabled the Governors of the Hospital to obtain more distinct views of the nature of insanity, as well as of the means essential to its judicious treatment. At the same time they received intelligence of the favorable progress in the enterprise for meliorating the condition of the insane, in Europe, and particularly as exhibited in the operations of the Retreat, near York, in England. Thus stimulated to renewed benevolent exertion, the Governors, in 1815, having received a communication upon the subject from the late Thomas Eddy, whose exertions in the cause were constant and untiring, determined to purchase a farm in the vicinity of the city, and cause to be erected thereon an edifice adapted to the wants of persons suffering from mental alienation.

The pecuniary means of the Society were, however, insufficient to enable them to undertake this enterprise upon a scale commensurate with their enlarged and accurate views of the necessities of the persons towards the restoration, or the comfortable accommodation of whom, their sympathies and energies were directed. In this emergency, they applied to the Legislature of the State, which, with a generosity worthy



BLOOMINGDALE ASYLUM, 1881.

of perpetual commemoration, seconded their views, and, on the 17th of April, 1816, granted to the Society an annuity of \$10,000 until the year 1857.

A tract of thirty-nine acres of land, upon a portion of which the Leake and Watts Orphan House has since been erected, (N. B. and since then the Cathedral of St. John), was purchased, with the intention of constructing the Asylum building thereupon. Subsequently, a tract of twenty acres, near Yorkville, and on the borders of the East River, being by some considered as more appropriate for the Institution, from the fact of its lying less remote from the city, was also bought, but, upon further consideration, was sold. At length, a farm of about twenty-six acres, adjoining the original purchase, and bounded on the opposite side by the Bloomingdale road, was fortunately obtained. This is the most favorable site for an institution of the kind upon the island of Manhattan.

The corner stone for the principal edifice was laid on the 7th day of May, 1818. This building was completed about the close of the year 1820, and, under the name of Bloomingdale Asylum was opened for patients in June, 1821.

The management of the Institution was vested in a Committee of six, appointed by the Board of Governors from among its own numbers. The action of this Committee is subordinate to the Board, before which the minutes of their proceedings are read at each monthly meeting.

The Institution was organized by the election of Laban Gardner, as Superintendent, his wife as Matron, and Dr. James Eddy as resident Physician. The executive direction and control of the establishment, in all its departments, excepting the medical treatment of the patients, was delegated to the Superintendent.

The general direction of the medical treatment was placed in the hands of an Attending Physician, who was required to visit the patients twice a week. Dr. John Neilson, who, during the two previous years, had acted as physician to the Lunatic Asylum in the City, received the appointment to this office, the duties of which he fulfilled until January, 1831, when he resigned.

The Resident Physicians, subsequent to Dr. Eddy, were as follows :

Albert Smith, M. D., from September, 1822, to March, 1824.

John Neilson, jun. M. D., from March, 1824, to May, 1824.

Abraham V. Williams, M. D., from May, 1824, to June, 1825.

James MacDonald, M. D., from June, 1825, to December, 1830.

Guy C. Bayley, M. D., from December, 1830, until the time of the reorganization of the Institution.

As the number of patients increased, the apartments for their accommodation became too limited, and the facilities for their suitable classification insufficient. Consequently, in 1829, the men's department

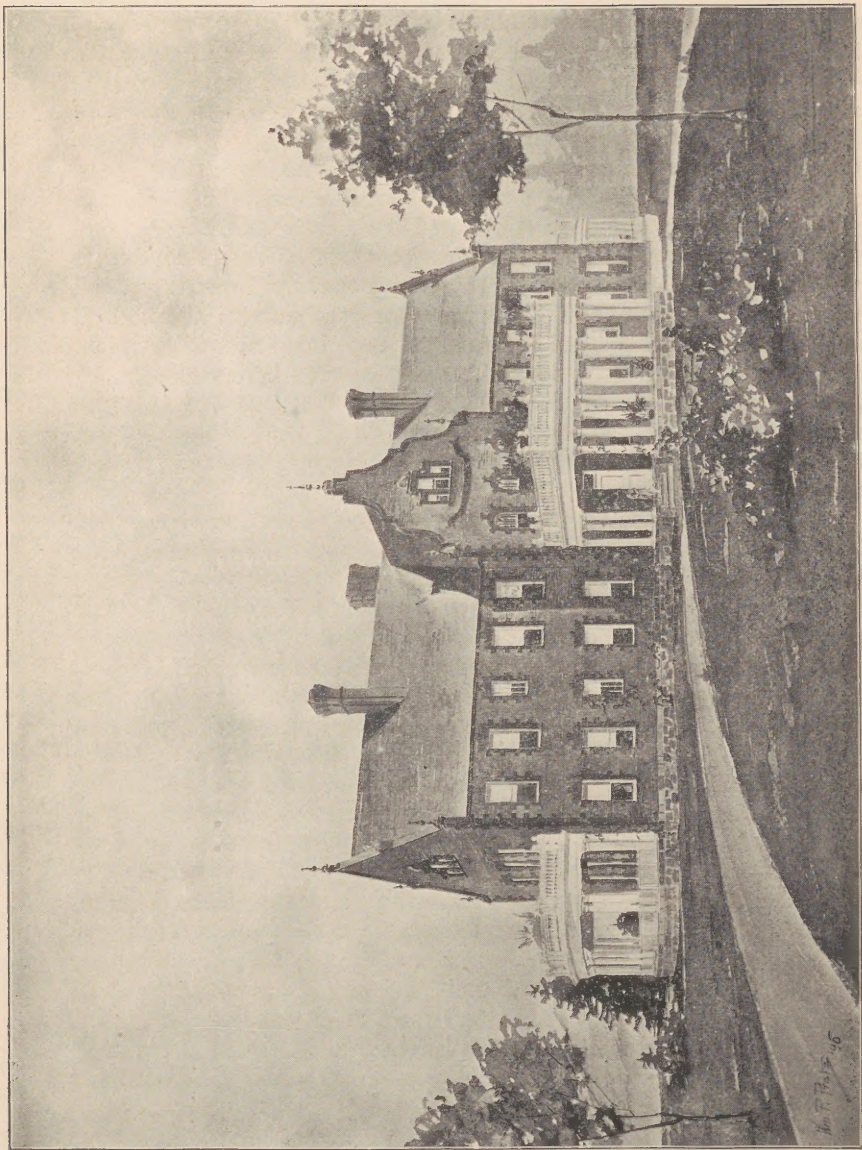


FRONT, SHOWING ADMINISTRATION BUILDING, JOHN C. GREEN MEMORIAL BUILDING, AND
JAMES M. BROWN MEMORIAL BUILDING.

was enlarged by the erection of another building, containing rooms for thirty patients; and, in 1837, a corresponding edifice was constructed for the females.

The Board of Governors, believing that a change in the organization would contribute to the usefulness of the Institution, at length, determined to dispense with the Attending Physician and make the Resident Physician the principal officer, and invest him with the entire immediate control of the moral as well as the medical treatment of the patients. Accordingly, in the early part of May, 1831, Dr. James MacDonald received the appointment of Physician, and was delegated to visit some of the principal institutions for the insane in Europe, in order to become more fully acquainted with their management and recent improvements. After an absence of fifteen months, during which his place was supplied by Dr. Guy C. Bayley, he returned and entered upon the duties of his office. He continued in the faithful application of the results of his enlarged experience and observation, until August 15th, 1837, when he resigned and was succeeded by Dr. Benjamin Ogden. In 1839, Dr. Ogden resigned, and on the 16th of September of the same year, was succeeded by Dr. William Wilson. On the first of April, 1844, Dr. Wilson having resigned and left, the place was supplied by Dr. Pliny Earle.

At the time of the opening of the Asylum, in 1821, there were but four other public institutions exclusively devoted to the insane, in the United-States; but, during the period over which these statistics extend, the attention of the community, in various parts of the country, became awakened to the wants of that suffering class, and the efforts of many individuals were actively directed to measures for their relief. Hence, before the end of the year 1844, no less than sixteen new Asylums were in operation, making the whole number in the country, twenty-one. In 1821, this Institution was alone in the State of New York, and there was none in the neighboring States nearer than at Hartford Conn., on the one hand, and that at Frankford, near Philadelphia, on the other. The extent of territory from which it might be expected that the Bloomingdale Asylum would receive patients, was consequently very large. The establishment of new institutions necessarily tended to restrict its limits. This was the fact, particularly in reference to the New York City Pauper Asylum, opened in 1843. The former took directly from this Asylum, twenty-nine of its inmates, and prevented any future admissions of pauper patients, from the city; and the latter, occupying a central position in the State, received from all the inland and western counties, patients, at both private and public expense, who would otherwise have been brought to Bloomingdale.



JAMES M. BROWN MEMORIAL VILLA.
FRONT ELEVATION.

GIFT OF MRS. JAMES M. BROWN.

Dr. Earle thus describes the Bloomingdale of 1848 :

The Bloomingdale Asylum for the Insane is within the limits of the Municipal Jurisdiction of the City of New York. It is on 117th Street, between the Tenth and the Eleventh Avenues, seven miles N. N. E. of the City Hall, and about a quarter of a mile from the banks of the Hudson River, which it overlooks. It is on one of the most elevated hills, known in history as the "Harlem Heights," and commands a prospect which, for extent, variety and beauty, is rarely equalled.

The farm contains about fifty-five acres, and is bounded, on its western side, by the Bloomingdale road. About thirty acres of it is under high cultivation, portions being devoted to grass, vegetables and ornamental shrubbery.

The part last mentioned includes a liberal space, which is laid out and planted in one of the most approved styles of English gardening. This having been done in the earliest years of the Institution, the trees, of which there is a great variety, have many of them attained their full growth : and as, from year to year, deficiencies have been supplied and the variety increased, the grounds will favorably compare with the most in the country. In short, there are but few, upon this side of the Atlantic, which bear so strong a resemblance to the beautiful home-steads of the wealthy, in the rural, cultivated districts of England.

In thus perfecting this part of the establishment, the Governors of the institution have adopted, and faithfully pursued, that system of moral regimen essential to the best interests of the insane, by avoiding, as far as possible, the aspect of a prison, and surrounding the buildings with agreeable prospects.

The principal edifice is constructed of reddish brown freestone, smoothly hewn. It is three stories high, besides the basement and attic ; and consists of a central portion and two wings, the united length of which is two hundred and eleven feet. The central portion contains the offices and the private apartments for the officers. The wings are occupied by patients, that on the west by men, and that on the east by women. On each floor of either wing, a hall or corridor, ten and a half feet in width, extends the whole length through the centre, having apartments upon both sides. One large room, at the extremity of the hall, on every floor, is used as a sitting and dining room. The others are lodging-rooms, of different dimensions, sufficient to accommodate from one to four beds each. There is also a room fitted up as a wardrobe, and one as a water-closet, on every floor in each of the wings, besides a bath-room on the second floor.

Parallel with the western extremity of this edifice, and about one hundred and fifty feet in its rear, there is another building, constructed of brick, fifty-seven feet long, thirty-two feet eight inches wide, and three stories high ; the corridors are ten feet wide, and the rooms are mostly of uniform size being nine feet two inches in length by seven



BIRD'S EYE VIEW FROM FRONT.

feet two inches in width. In the rear of the eastern extremity of the principal edifice, and parallel with the building just described, stands a third, the basement of which is a laundry, while the upper two stories are occupied by female patients. It is sixty-six feet six inches long, by thirty-eight feet wide. The corridors are nine feet six inches wide, and the patients' rooms nine feet six inches long, by six feet six inches wide.

There are six bathing rooms in the establishment—two of which have already been mentioned. There is one in the basement of each wing of the principal edifice, and one in each of the smaller buildings.

The water used in the Asylum is obtained from wells and springs, together with what is collected from the roofs. Several subterranean cisterns, and six tanks in the attic of the main building, each holding thirteen hogsheads, are the reservoirs for that which is collected from the source last mentioned.

Every department occupied by patients is heated by air furnaces, with the exception of the sitting and dining rooms, in the principal building; in each of which there is a coal fire, in either a grate or a stove. Coal is the principal fuel used in the establishment. The annual consumption is about two hundred tons. Most of the water used in domestic purposes, and all that is used in the washing of clothes, is heated by steam.

There are two kitchens, one for the officers, the other for the rest of the household. Fourteen tables are set at each meal, one for the officers, ten for patients, and three for the domestics.

The principal out-buildings on the premises are a barn, including stables and carriage-house, an ice-house, and a green-house, or conservatory. The barn is large and built of stone, in the most substantial manner. The green-house contains about seven hundred plants, many of them rare and beautiful exotics.

MORAL TREATMENT.

In the moral regimen at this Institution, every practicable effort is made to pursue that system, at once gentle, philanthropical and practical, which has resulted from the active and strenuous endeavors of many philanthropists, in the course of the last half century to meliorate the condition of the insane. The primary object is to treat the patients, so far as their condition will possibly admit, as if they were still in the enjoyment of the healthy exercise of their mental faculties. An important desideratum for the attainment of this object is, to make their condition, as boarders, as comfortable as possible; that they may be less sensible of the deprivations to which they are subjected by a removal from home. Nor is it less essential to extend to them the privilege, or the right, of as much liberty, as much freedom from



PARLOR — WOMEN'S DEPARTMENT.

personal restraint as is compatible with their safety, the safety of others, and the judicious administration of other branches of curative treatment. The courtesies of civilized and social life are not to be forgotten, tending, as they do, to the promotion of the first great object already mentioned, and operating, to no inconsiderable extent, as a means of effecting restoration to mental health.

The means generally included in what is termed moral treatment, although many of them operate upon the mind by increasing the physical activity and energy, will be described under their respective heads.

MANUAL LABOR.

Some employment for the hands, of a description requiring a degree of exercise of the body sufficient to preserve and increase the activity and vigor of all its organs, as well as to promote sound and healthful sleep, is acknowledged, by all who are conversant with the treatment of insanity, as it appears in public institutions, to be the most effectual of restorative measures not purely medical. Hence, some physicians have recommended compulsory labor, in cases where the patients will not engage in it voluntarily.

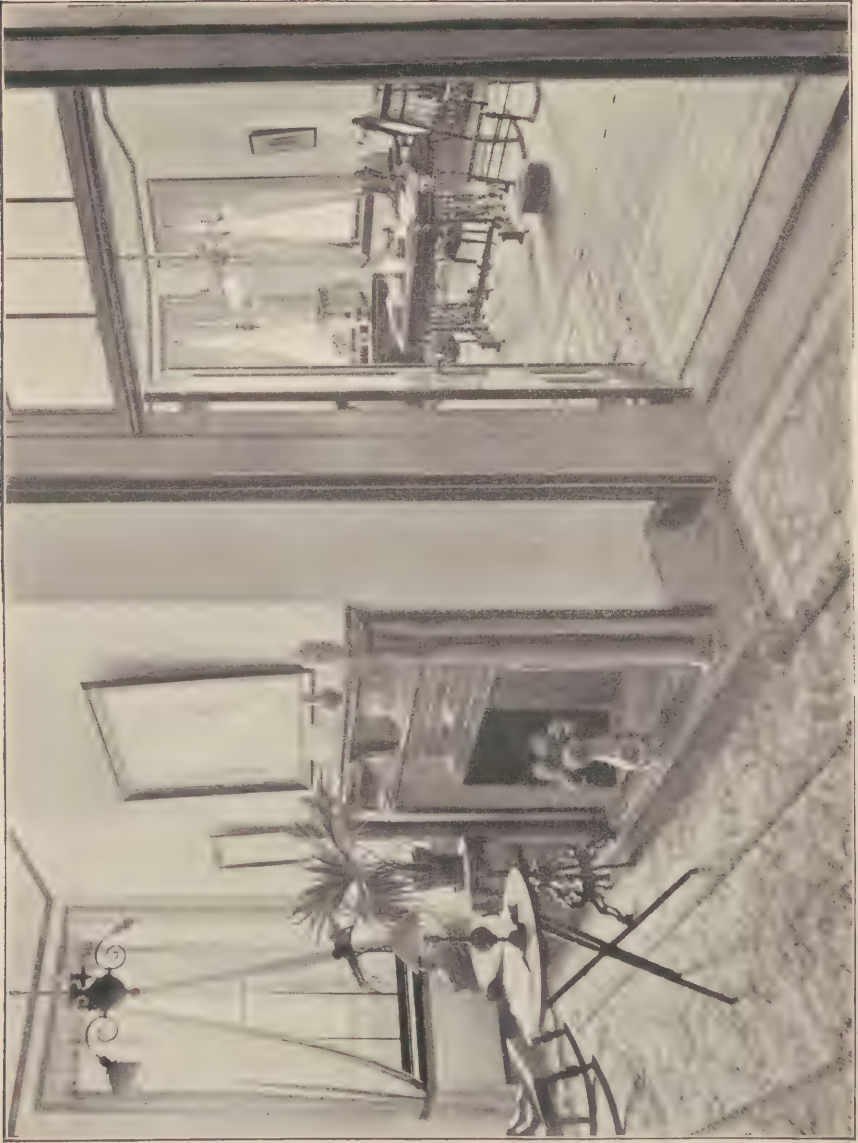
At this Asylum the patients are advised and, if possible, induced to apply themselves to some useful occupation, but no compulsory measures are resorted to for the purpose of enforcing it.

RELIGIOUS WORSHIP.

It is believed that the first attempt, in the United States, to hold a meeting for religious worship in an institution for the insane, was made at the Lunatic Asylum adjoining the New York Hospital,—the building for which the Bloomingdale Asylum was erected as a substitute. On the 31st of August 1819, the Rev. John Stanford, a venerable Divine, who will long be remembered for his active benevolence, preached a sermon to the inmates of that institution,—an occasion to which he alludes, in the following manner, in the writings published in his memoir.

“About forty of the most composed of the patients were assembled, and several of the Governors, the Physicians of the house, and the Superintendent of the Hospital attended the occasion. The patients conducted with great propriety, and many, of their own accord, knelt while prayer was offered, and several expressed their thanks at the close of the service.”

In the year 1832, a Chaplain was employed at the Bloomingdale Asylum, and regularly, since that time, such patients as were suitable have assembled, on the Sabbath, for divine worship. Their deportment,



CORRIDOR — WOMEN'S DEPARTMENT.

with few and rare exceptions, is characterized by good order, decorum, and a regard to the proprieties of the place and the object of the assembly.

To a large majority of the patients these services are beneficial. To a few, such as are very melancholy, disposed to excessive contemplation upon religious subjects, and hopeless of salvation for themselves, the tendency is thought to be injurious, and they are consequently not permitted to attend.

RECREATIVE EXERCISE.

A considerable portion of the insane are impatient of detention and of any abridgment of their personal independence of action. Another portion, quite as large, especially in institutions that have been in operation many years, are inactive, stupid, and disposed to be constantly sitting or lying down. To gratify the former, to rouse the latter, and as a hygienic measure for all, it is intended, at this Asylum, that every patient capable of leaving the house shall have a certain degree of exercise, daily, out of doors. Hence, after the morning visit of the Physician, and again after dinner, such patients as are allowed the liberty of the premises, go out unattended, and all the others not too feeble, with attendants to exercise in the grounds.

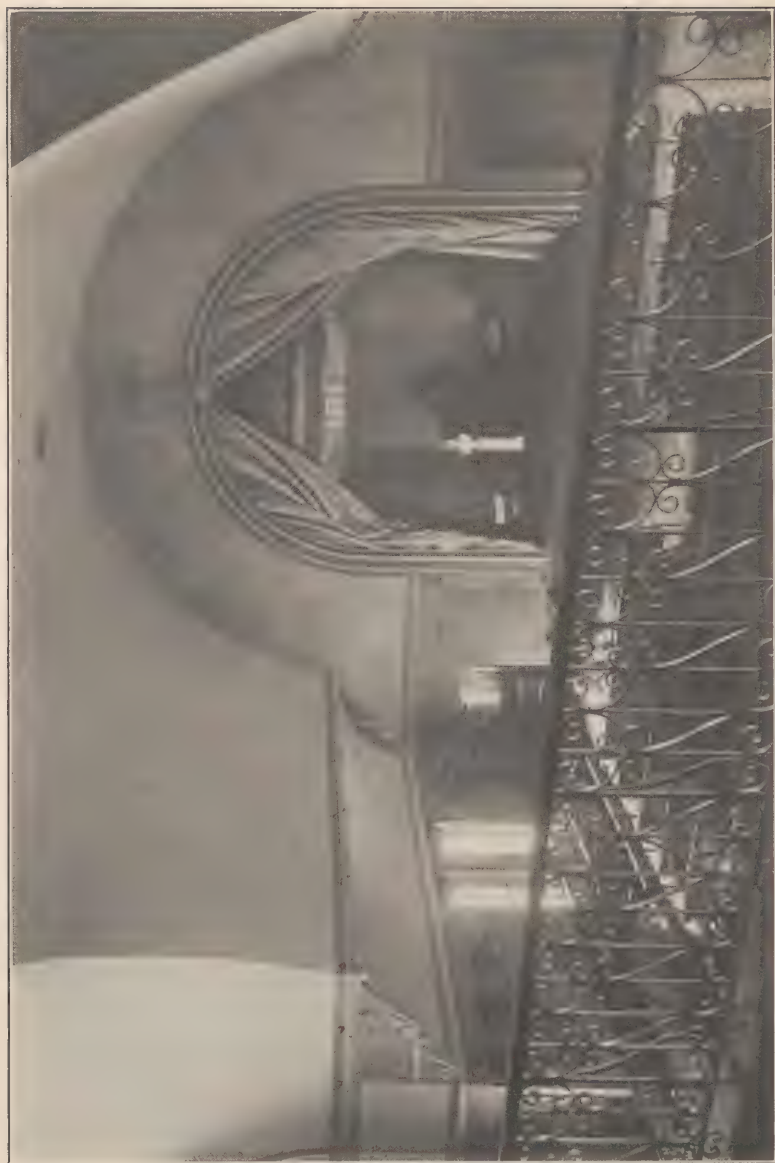
AMUSEMENTS.

Facilities, for various diversions are afforded to the patients. A bowling alley, or ten-pins, holds the first rank among the means of this species of moral treatment, whether we regard its utility, or the number of patients who resort to it for amusement. The interest of the game renders it sufficiently attractive and absorbing, while the physical force required furnishes no small amount of wholesome exercise. Quoits, the bat-ball, foot-ball and the swing are the other principal means of amusement out of doors.

Within the house, we have bagatelle, battle-door, "the graces," chess, chequers, backgammon, cards and various other games.

ATTENDANTS.

It requires but little experience, in an Asylum, to convince a person of the identity between a judicious parental government, and that system of management which is best adapted to the insane. The motives, the influences, and, as a general rule, the means necessary for the good government of children, are equally applicable, and equally efficient for the insane. In fact, this system is the great desideratum, at every



STAGE END OF ASSEMBLY ROOM.

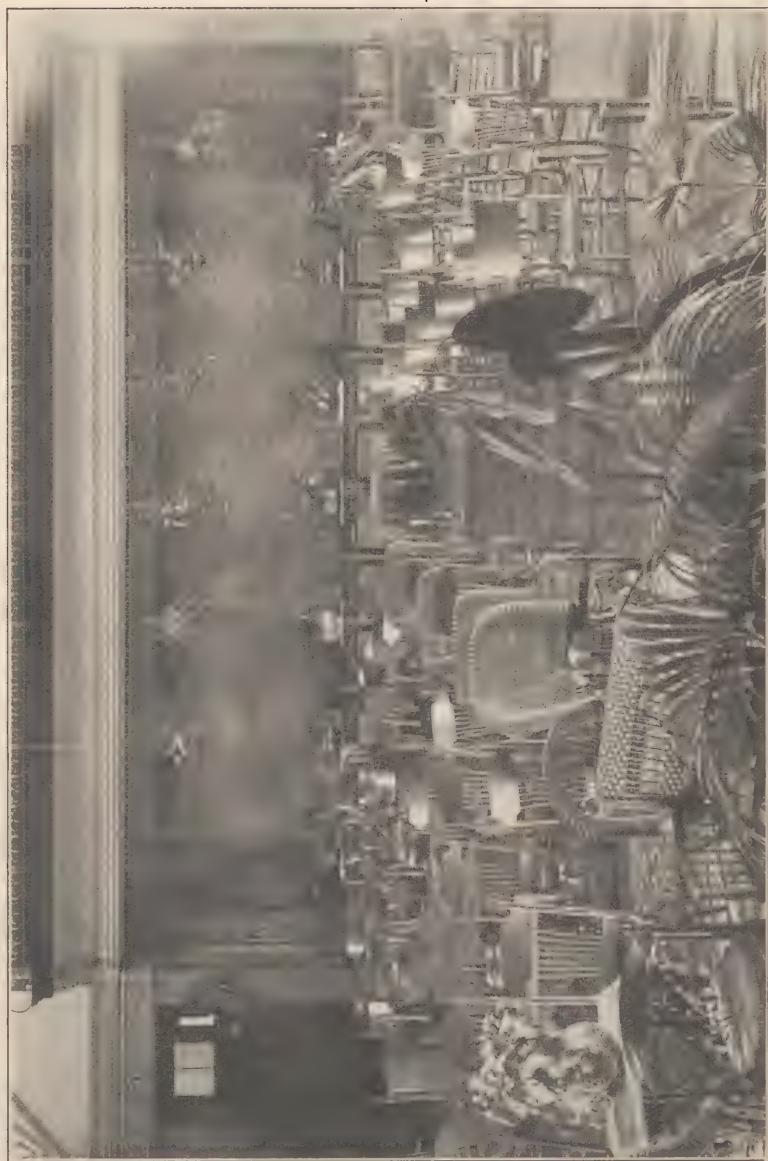
Asylum ; and without it, it is impossible for the management to approximate that degree of perfection which it is desirable to attain.

The most essential element of success in the establishment and maintenance of such a government, is a corps of intelligent attendants, of kind disposition, and good judgment. Such and such alone can sustain a disciplinary code, founded upon kindness and supported with firmness.

Much pains have been taken, at this institution, to procure attendants of this character, and, especially as regards the men's department, the efforts have been rewarded with a good degree of success. Nearly all the young men who have been so employed during the last few years, were from the country, and so well educated that they had been accustomed to teaching school in the winter.

It is needless to describe, in detail, the numerous advantages of attendants of this kind over those who are ignorant, and whose only ideas of exerting control over others, are measured by the strength of their arms. He who has once tried the former, would greatly deplore the exigency which should render it necessary to return to the latter.

Such are the principal facilities afforded for moral treatment at this Asylum. They are sufficiently extensive, if frequently called into requisition, not only to break the monotony of Hospital life, and promote the contentment of the patients, but also to effect much towards the accomplishment of the great object of the institution—the installment of reason upon the seat from which it has been dethroned. Thus far Dr. Earle.



REAR END OF ASSEMBLY ROOM SET FOR CARD PARTY.

RETROSPECT.

By SAMUEL B. LYON, M. D., MEDICAL SUPERINTENDENT,
BLOOMINGDALE, WHITE PLAINS, N. Y.

It is now 52 years since Dr. Pliny Earle prepared his "History, Description and Statistics of the Bloomingdale Asylum for the Insane." The Insane Department of the New York Hospital, as a distinct provision, had then existed since July 15th, 1808, in a building separate and distinct from the main New York Hospital buildings; but a record exists of insane patients being cared for by the New York Hospital as early as 1798, so that the account prepared by Dr. Earle virtually covered the first half-century of the work carried on at the Bloomingdale Asylum.

Bloomingdale Asylum was situated on a farm of about 30 acres, on "Harlem Heights," New York City, now called "Columbia Heights," the buildings being located between streets and avenues then closed but since opened, and known as Amsterdam Avenue, the Boulevard, 116th and 120th Streets. It fronted south on 117th Street, but the Streets to 113th were unopened.

Dr. Pliny Earle was one of a succession of Resident Physicians at Bloomingdale, beginning with Dr. James Eddy, whose services began in 1821. Dr. Pliny Earle remained at Bloomingdale from 1844 to 1849, but continued an active and distinct professional connection with the insane, at the Butler Hospital at Providence, R. I.; for a time at the Government Hospital for the Insane in Washington, D. C.; and finally, for a good many years, as the Superintendent of a State Hospital at Northampton, Mass., where, eventually, becoming superannuated, he was retired, but remained until his death. The contributions of Dr. Pliny Earle to the subject of insanity, which were produced when the subject had not been so thoroughly written up as it has been at the present time, are classical; and upon his practice and teachings to a considerable extent, are based the present methods of management and treatment, in a large number of hospitals for the insane, scattered over this country. Dr. Pliny Earle was succeeded in 1849 by Dr. Charles H. Nichols, who had been assistant at the State Hospital at Utica, under Dr. Brigham. This was the only State Hospital existing in New York at that time; and in the entire state Dr. Earle mentions but six



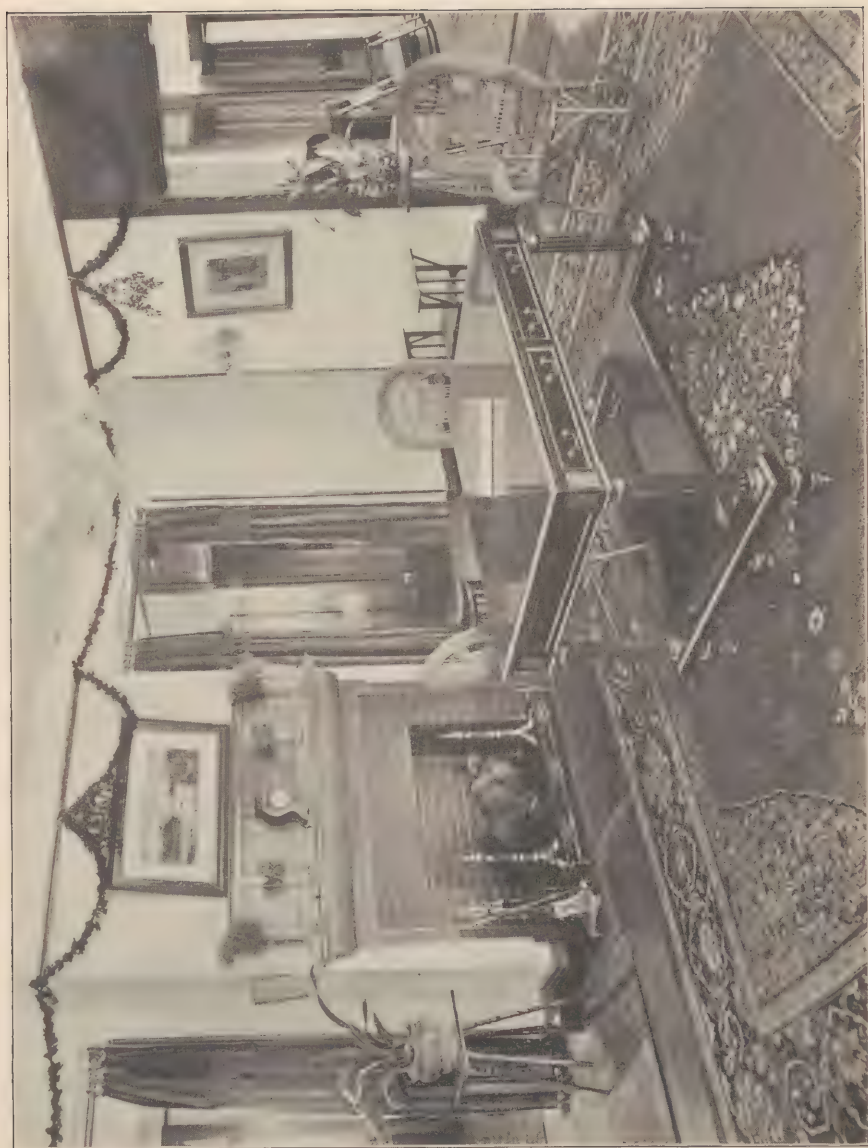
MACY VILLA ENTRANCE HALL AND DINING ROOM.

institutions devoted exclusively to the care of the insane. They were, in the order of their foundation; Bloomingdale Asylum, New York City; New York State Asylum, at Utica; New York City Asylum, the Queens County Asylum, at Flatbush, L. I., Dr. White's Private Sanitarium, and Dr. James MacDonald's Private Sanitarium; and the total number of insane patients in the State at that time cared for in Institutions, was less than 1200. Dr. Nichols remained at Bloomingdale from 1849 to 1852, when he was appointed to take charge of the Government Hospital for the Insane at Washington, D. C., an institution which was just about to be founded, appropriations having been made by Congress, at the solicitation of philanthropists, prominent among whom was Miss Dorothy L. Dix. The project, while authorized, had not yet been inaugurated, and upon Dr. Nichols devolved the planning and developing, and the subsequent obtaining of appropriations from Congress to carry on and enlarge, from time to time, the new hospital, which began with about 100 patients, and has now grown to contain over 2,000.

Dr. Nichols was entitled to rank with the fathers, in his specialty in medicine, in America: viz., the care and treatment of insane patients, and the inauguration of a liberal policy, with ample provisions for their care. He was associated in this noble and progressive effort with such men as Dr. Earle, Dr. Ray, Dr. Brigham, Dr. Kirkbride, Dr. Butler and others, who laid the foundations in this country, upon which have been built those systems of humane medical treatment of the insane which prevail to-day, and which mark the real advance from the old era of prisons, chains and neglect, when the insane were simply restrained and detained, as disorderly elements of society; although the first steps in this direction may be said to have begun somewhat earlier in the century.

After Dr. Nichols had remained at the Government Hospital for the Insane, at Washington for 25 years, making a great reputation for himself by his able management of that Institution, through such trying periods as the Civil War, and bringing it to a high state of perfection, he returned to Bloomingdale as its Medical Superintendent in 1877, and remained there until his death, in 1889, when the present writer was elected to succeed him.

Succeeding Dr. Nichols in charge of Bloomingdale in 1852, came Dr. D. Tilden Brown, who was appointed and remained, by a curious coincidence, almost exactly as long at Bloomingdale as Dr. Nichols remained at Washington. He succeeded and was succeeded by Dr. Nichols. Dr. Brown was an able, scholarly and attractive man, and an accomplished physician, who endeared himself to his patients and to all with whom he came in contact, and he maintained and built up Bloomingdale so that it kept pace with the advances both in the knowledge and the treatment of insanity, and with the best ideas as to the construction and



BROWN VILLA ENTRANCE HALL.

administration of institutions for the care of insane patients, as they were being developed throughout the world.

During the period from 1821 to 1844, of which Dr. Pliny Earle wrote, Bloomingdale Asylum had received 1361 men, and 982 women, total 2343 cases. To the date of this pamphlet Jan. 1, 1904, 10,446 patients have been admitted to Bloomingdale for treatment. The customary statistics including admissions, discharges and results, and especially interesting details, have been published from time to time in the annual reports, and form a valuable body of general statistics on that subject.

For some years preceding the death of Dr. Nichols in 1889, persistent efforts had been made to dislodge the Bloomingdale Asylum from its position in the City of New York. Yearly efforts were made in the legislature to cut through the streets which had been hitherto closed, and for the opening of which no real necessity then existed, and the effect of which would have been to so contract the grounds of Bloomingdale that they would have been altogether unfit for the exercise of as large a number of patients as were being regularly cared for. It was also a fact that an increased demand for such accommodation was being made upon the Institution, so that the question was not only that of remaining upon its New York City site, but also what should be the future policy in regard to extending the institution on those grounds or elsewhere. After much discussion and long consideration of this subject, and the inspection of many sites, it was finally resolved to abandon New York City as the location of the Bloomingdale Asylum, and to transfer its work to the property of the New York Hospital, situated at White Plains, Westchester County, New York, and this decision was hastened by the fact that at that time, the possibility arose of selling a portion of its New York property to Columbia College; and this was done about 1892 to the mutual advantage of both corporations.

For some years before the sale of Bloomingdale Asylum Site in New York City to Columbia College, plans had been considered for a new institution, and these materialized in the years 1892, 1893 and 1894 into the buildings which are now being occupied by what is now known as "Bloomingdale," White Plains, N. Y., the term "asylum" having been dropped as obsolete. It is from the latter place that this report is written.

It might be stated that after the time of Dr. Pliny Earle, when Bloomingdale Asylum consisted of the original main building, and two detached small buildings parallel to it, and in the rear, the value and beauty of the establishment had been greatly enhanced by connecting and surrounding structures, which made a convenient whole of previously disconnected and unfinished parts, and this was accomplished partly from the funds of the Society of the New York Hospital, and partly from the generous gifts of the widow of John C. Green as a memorial to her husband, and from William H. Macy, then the President of the Society.



LUCRETIA M. DEXTER MEMORIAL COTTAGE.

When the work of Bloomingdale was removed to White Plains, these gifts were considered a sacred trust, and their memorial character was perpetuated in buildings at the new place. Since coming to White Plains, a third memorial structure has been added to the establishment in commemoration of the valuable services and philanthropic spirit of JAMES M. BROWN, who was President of the New York Hospital at the time of his death, and for many years a warm friend of Bloomingdale. During the last three years THE LUCRETIA M. DEXTER MEMORIAL COTTAGE; and the CAMPBELL CONVALESCENT HOME have been erected from the donations of generous friends, and we expect soon to have the JAMES H. BANKER MEMORIAL VILLA.

The average population of Bloomingdale in 1844 was 106.86, and in 1903 it was 336. The number of patients in the State of New York cared for in public institutions in 1844 was 751, while the latest report of the State Commission in Lunacy shows that at the time of its issue about 24,000 patients were cared for by the institutions of the state; it also shows that while in 1844 there were but six institutions of all kinds for the cure of the insane in the State of New York, there were in October, 1903, sixteen State Hospitals, and over twenty other institutions, classified as "licensed," for their care.

With greater existing provision for the care and treatment of the insane, and their adoption by the State as its wards, the work of Bloomingdale, which in early years was devoted to the most dependent class, gradually changed into a more distinctly curative work, providing all known and recognized means of treatment, for the benefit of a considerable number of recent and presumably hopeful cases, and providing for the comfortable care of the dependent or broken members of a class in the community, which, by its intelligence and benevolence and voluntary contributions, have made such institutions as Bloomingdale possible. Ten thousand four hundred and forty-six patients have been admitted to Bloomingdale since its foundation in 1821, and previous to that 1,553 patients had been cared for in the wards connected with and contiguous to the old New York Hospital; so that this Institution has treated 11,999 patients since its foundation, surrounding them with every care and comfort, and using every remedial measure, and healthful influence which its abundant means would afford. The records show that during that time it has discharged as recovered over 4,000 people, while nearly 3,000 more have been so much benefitted by their treatment that they were able to return to the circles in which they belonged. Such a record as this, which shows that about 7,000 people, after residing a limited period within the walls of Bloomingdale, have been restored to their places in society, the majority of whom have been able to resume their relations thereto, and the minority of them able to live in a normal environment, is a result, which, could they know it, would be exceedingly gratifying to the far-sighted men and women, who, in the



MEN'S GYMNASIUM.

beginning of this century, founded and continued this Institution in its own secluded grounds, amid cheerful surroundings, and with every known and appropriated facility for the enlightened and curative treatment of the insane.

Dr. Pliny Earle's History and Description having been a sort of fiftieth milestone, in 1848, it may be well to say what Bloomingdale is in the year 1904, as a hundredth milestone in its progress.

On a farm of 350 acres, contiguous to, but not encroached upon, by a village of over 9,000 people, within about twenty miles of New York City, with frequent and rapid railroad communications, this Institution occupies cheerful, appropriate buildings, connected for convenience, but spread out for light and air and quiet; and has within it all such facilities and apparatus as can be found in the most progressive hospitals of the kind. It treats about 450 different individuals during the year; it maintains itself without drawing upon the revenues of either City, County or State, or the income of the Society, and dispenses in benevolent assistance, to patients unable to meet their partial or total expense, fully \$50,000 a year; and its responsible guardians look forward to another century for it upon its present commanding site, which it is hoped will far exceed in usefulness the one which has just been briefly recalled.



GYMNASIUM BILLIARD ROOM.

DESCRIPTION OF BLOOMINGDALE,

WHITE PLAINS, N. Y.

The group of buildings for about four hundred patients composing Bloomingdale, are in the Spanish renaissance style of architecture. Towers, Vestibules and Loggias in Terra Cotta, set off the central portion and the extreme ends of the front, and the former also serve to contain tanks which give a head of water evenly distributed through the buildings. The buildings are set upon a hill, surrounded by pleasant views on every side, and are conspicuous and imposing as seen from all parts of the village. The group is composed of twenty four separate structures most of which are fireproof buildings, three stories in height and varying in size for various uses. The distinctly hospital buildings are connected for convenience either above the ground, which is the case in respect to the large buildings, or under the ground as in case of the detached Villas. The materials of which the exterior is built are plain red bricks, laid in red mortar, and plain red sandstone trimmings, with some Terra Cotta decorations to relieve the plainness of the external appearance.

The ground plan of the main hospital is somewhat diamond shaped. The front centre being at one point and the domestic buildings at another directly in the rear, while the ends of the diamond are on one side, the mens wards, and on the other those of the women. Four detached cottages in front of the wings house particular patients, and the Medical Superintendent.

The general arrangement of the several buildings can be understood by an inspection of the plan in this book. A moderate sized administration building is in the front centre of the group, with kitchen, laundry and shop buildings in the rear centre. On the north side of this front and rear group are four buildings and two villas for the use of woman patients, and on the south side of it are three ward buildings and one villa, and another is in prospect, and a gymnasium building for the use of the men patients. The separate buildings for each sex are connected with the main building, and with each other by narrow, well lighted corridors about one hundred feet long. The buildings are respectively, the Convalescent, Sub-acute and Infirmary building; and in the case of the women another building containing a hall for a nice class of unstable patients, and overhead a large sun parlor for the general exercise of the women in bad weather or in winter. On the south of the centre the mens side is similarly divided, having three partly detached pavilions, each building holding about seventy five patients.



WOMEN'S SUN PARLOR AND RECREATION ROOM.

A typical hall in one of these buildings for patients may be described as a wide corridor, turning at a right angle near the middle, somewhat like an L, with expansions at the angle of the corridor and ends for day rooms. The sleeping rooms are on each side of the corridor. At the angle of the corridor which is about equidistant from the ends are grouped the active portions of the hall; which are, the dining room, attendants bedroom and patients sitting room, etc., and here the patients and attendants are most likely to be together; and be easily observed; but small separate groups may find it pleasant to occupy the other day rooms alluded to. Every room is well lighted, with a good view, and almost all of them have a sunshiny aspect, and the whole house is remarkable for its brightness.

The buildings are all heated by indirect radiation, the air rising in the outer walls. The ventilation is in the corridor walls and as these are not exposed to the external cold, the current is constant and effective. The loss of heat from the position of the heating flues is prevented by an air space provided between the flues and the exterior portion of the outside walls. The arrangement has proved its efficiency during the ten winters the hospital has already been in use.

The separate Villas approximate as nearly the condition of a private house, or a nice boarding house, as the circumstances will permit, having open doors and unguarded windows as a rule. Except for a light and inconspicuous window guard, there is nothing in the construction or furnishing to distinguish the convalescent and sub-acute wards from ordinary hotel apartments.

In the building provided for disturbed patients the usual inside guards to protect the windows are dispensed with, very heavy plate panes being substituted for ordinary glass, and the panels of the doors of the single rooms of this building are of the same heavy plate glass instead of wood, so that a patient who is inclined to be destructive, unless provided with something other than his hands or feet, is unable to smash glass or do serious harm. All these rooms are well lighted, heated and ventilated, and almost all possess a pleasant outlook.

The administration building contains in the second story a large assembly room for formal gatherings, for worship and amusements; and a separate building is provided on each side of the house for the informal gatherings and week day occupations of the patients. The men have a Gymnasium with bowling alleys, billiard tables, smoking and reading rooms, etc. The women have a large beautifully lighted room suitable for dancing, bicycle riding and for practising physical culture, the arts, etc., etc.

In the grounds, embracing each wing, is a park of considerable size, which is somewhat above the roads which lead to the front and to the rear centre, from which it is separated by fences which being below the level of the top of the hill, and hidden partially by shrubbery, are not



INTERIOR GYMNASIUM, HYDRO-THERAPEUTIC BATHS, CLINICAL LABORATORY,
DENTAL AND ELECTRICAL APPARATUS.

much perceived, and by them the view is in no way obstructed, nor is there any sense of confinement felt, while at the same time the public is entirely excluded from the patients' private exercise grounds. The buildings are well ventilated. Where for any reason natural ventilation fails to act, exhaust fans in the air ducts in the attics remove the foul air. The buildings are lighted by electricity, which is produced on the place, as is also the refrigeration.

The basements of the centre and ward buildings, and the underground connections with the Villas, are on a level with the kitchen, laundry and shops for convenient communication between them, the boiler and engine rooms being below the rear centre building used for repairing. These basements and corridors being all on one level, food, clothing from the laundry or any other heavy articles may be taken on wheels from these departments to the various wards or from the traffic entrance to all portions of the building.

The coal is dropped from wagons into a coal vault, the top of which is on the shop and kitchen level and the floor of which is on the level with the engine and boiler rooms; and from this lower level ashes may be carried out with carts through an opening on the level to the traffic road in the rear of the buildings, thus avoiding expensive handling.

A special interior feature of Bloomingdale is the combinations which are possible of various rooms into suites, in both the quiet and disturbed parts of the house and in the detached Villas, so that almost any kind or amount of accommodation required can be given to special or wealthy cases. This feature is important from the fact that the support of the Hospital is dependent upon the patronage of such cases. There are no dark or cheerless rooms in the wards.

Within the hospital are provisions for electrical treatment, dental work, Hydro-therapeutic baths, school rooms for patients and attendants, exercise rooms, a special cabinet shop for patients to work in, a Clinical Laboratory, etc., etc., and distributed through the wards for easy access are billiard and pool tables, small Libraries, games of various kinds and other incentives to the patients to engage in active mental occupation, which tends to prevent deterioration of the mind, while making detention less tedious.

The furnishings are bright and cheerful without being extravagant. Many pictures of inexpensive kinds decorate the walls and neat curtains drape the windows. The modern appliances for treatment are acquired as rapidly as they come into general use and are endorsed by responsible medical men.

The outdoor accessories are carriage rides, solid and dry walks for bad weather, grounds for golf, tennis, croquet and base ball, and an extensive grove with seats and pleasant walks, and within the enclosures belonging to the Hospital from six to eight miles of graded walks and drives, suitable for exercise on the wheel or on foot.



SUPERINTENDENT'S COTTAGE AND MACY VILLA.

The surrounding landscape has the beauty of the Westchester hills, with its woody or glassy slopes, and the views of the numerous country homes of a high character; while within practical driving distance from the Hospital to the east are the beautiful shores of Long Island Sound, and to the west stretches the Hudson River.

The detached buildings are the MACY VILLA, used for men patients who are paying a good price, built from donations of William H. Macy, the late President of the Hospital, and THE JAMES M. BROWN MEMORIAL VILLA, built as a monument to a late President of the Board by his family, which is used for a similar class of women patients, and THE LUCRETIA M. DEXTER MEMORIAL COTTAGE, which her husband donated to the Hospital, and the prospective BANKER VILLA. These four buildings are constructed on a plan to give a large amount of room to each patient, and the rooms are so arranged that they can be thrown into suites, viz., sitting room, bed room, and bath room, or the rooms can be separated so that each patient has a room, with a bath room adjoining. The furnishings and general appearance of these buildings are those of a bright and cheerful small hotel, rather than a conventional hospital.

The other detached buildings are: THE MEDICAL SUPERINTENDENT'S COTTAGE, GYMNASIUM for men, THE CAMPBELL CONVALESCENT HOME for women patients from the New York Hospital, and the MEN CONVALESCENT COTTAGE for the same class of patients, the Farm House, Stable and Gate Lodges.

Bloomingdale is situated at White Plains, Westchester County, N. Y., which is about 22 miles north of New York City. It is reached by frequent trains on the Harlem Division of the Hudson River Railroad from the Grand Central Station. Bloomingdale is $1\frac{1}{2}$ miles from the White Plains Station, and is reached by stage provided by the Hospital to meet the principal trains, or the usual public vehicles. Trolley cars from Tarrytown to Mamaroneck pass one entrance to the Bloomingdale grounds and a new line is proposed which may bring passengers within a few hundred feet of the main building within a short period.

The grounds 350 acres in extent are devoted in about equal parts to the ornamental and exercise grounds, and to the portion utilized as a farm and garden to provide the household with milk and vegetables in liberal quantities and of the best quality. A small lake and a beautiful grove of forest trees give an added charm to the place.



VIEW IN BLOOMINGDALE GROUNDS OF LAKE AND WOODS.

GUIDE
FOR THE ATTENDANTS
AT
BLOOMINGDALE
WHITE PLAINS, N. Y.



PREPARED ORIGINALLY BY DR. PLINY EARLE IN

1844

AND REVISED BY DR. SAMUEL B. LYON IN

1904

PREFACE.



The Bloomingdale Asylum, a branch of the New York Hospital, was founded by a body of liberal and philanthropic men; from an early period of its existence it has been fostered by the munificence of the State Government, and it is now under the care of a Committee of the Board of Governors of the Hospital, who make large sacrifices of time and labor in the promotion of its welfare. Nothing is spared that will conduce to the comfort and health of the inmates.

But neither the benevolent intentions of the founders, nor the liberality of the State, nor the devotion of the Board of Governors, can be effectual in the attainments of the great objects of the institution, if the executive officers and their assistants are neglectful of incumbent duties, or do not discharge them with a deep and abiding interest in the benevolent enterprise in which they are concerned.

With all the means above-mentioned at our command, it ought to be our aim to make this a model institution for the treatment of that class of persons for whom it is intended. This object can never be attained, unless every department of duty is brought into a condition the most methodic and systematic of which it is susceptible.

In view of these considerations, I have been induced to prepare the following system of rules and regulations for the assistance of those who are engaged with me in the arduous duties necessarily attendant upon a well-organized and well-conducted establishment of this kind.

It is believed that by a rigid observance of what is here laid down, the duties of the Attendants will be rendered less difficult than would otherwise be possible, and that it will rarely be necessary to resort to the officers for instructions.

With this code as a guide, with kindness combined with firmness, and with the constant practical observance of those virtues which adorn the character of the Christian, the Attendant will be enabled to perform his duties satisfactorily to himself and others, and, at the same time, be filling up his measure of good actions in the course of benevolence toward his fellow man.

It is expected that no one will occupy the place of Attendant who does not make it his aim to secure to himself the highest possible respectability of character, and, by prudence and judicious economy, to attain a sufficient pecuniary provision for the advanced period of life.

PLINY EARLE,

Physician to the Asylum.

July, 1844.

WHITE PLAINS, N. Y., December, 1894.

By a coincidence the original date of the rules issued by Dr. Pliny Earle, then Physician in charge of Bloomingdale Asylum, New York City, was just fifty years prior to the new departure of Bloomingdale at White plains, and it seems not inappropriate to re-enact them now, with such modifications, as time and numbers make necessary.

It is interesting to note how little the general principles of the ordinary and routine care and management of patients by their nurses has changed with the passage of years. The distinguished author of this little book, whose own life exemplified his sincerity, has struck the key-note of kindness, faithfulness, vigilance and self-sacrificing devotion which should, and I believe as a rule, does, characterize those who minister to their insane brothers.

SAMUEL B. LYON,
Medical Superintendent.



MAXIMS FOR THE HALLS OF BLOOMINGDALE.

1. A place for everything, and everything in its place.
2. A time for the performance of each duty, and each duty to be performed at its appropriate time.
3. No place is clean if it can be made cleaner, and no place is in good order if it can be put in better order.

RULES, ETC.



1. The whole time of the Officers and Assistants belongs to the Institution, and it is expected that the Attendants will promptly and faithfully discharge all duties required by the Medical Superintendent or his Assistants; that they will cheerfully co-operate with these Officers in the endeavor to keep the establishment in perfect neatness and order; and in all means employed for the comfort, contentment and restoration to health of the patients, as well as to convince them of the truth, that all these means are adopted with especial reference to their benefit.

2. The Attendants must expect an unceasing observance of the manner of performing their duties; and the suggestion of deficiencies or improvements must be taken without offence. The Officers are to know that the patients are treated with kindness, and managed according to the designs and rules of the Institution, and that the other duties of the Attendants are faithfully discharged.

3. The Charge Attendants of each hall are responsible for the custody of the patients under their care, while they are in their department; and they will never be taken from their department, without their knowledge. Thus it is expected that they will know, at all times, excepting when absent by permission, where each patient, confided to them, may be found, and his condition.

4. Experience has proved that the best method to pursue, in the management of patients, is to treat them, in all respects, as far as possible, as if they were in mental health.

Some of the greatest evils with which the officers of institutions like this are obliged to contend, are the effects of deception practised upon the patients before they are admitted. An untruth spoken to a patient will generally be detected by him, and destroy the confidence in the person who would thus deceive him. Kind and conciliatory, not domineering and imperative language is to be used to the patients. They are to be asked, not commanded to do whatever may be desired of them, and their delusions and insane fancies are not to be reasoned upon, ridiculed, or unnecessarily conversed about in their presence.

5. Bodily restraint may, to a very great extent, be avoided; let the Attendants at all times recollect that their own conduct will frequently determine its necessity or uselessness. The most violent excitement in a patient, may often be subdued by mild and soothing language and deportment; whereas a moderate excitement, if met by sternness, harshness of language, threats of punishment, and, more especially, by anger, may be raised to the highest degree of fury.

The Attendants should never forget this, and should govern themselves accordingly. Threats of punishment or of confinement cannot be permitted, and, under any provocation, a blow must never be given. In cases of emergency, the force necessary to prevent personal injury must be applied gently, and the best method, both for the safety of the Attendant and the composure of the patient, is for the former to grasp the latter in his arms, those of the patient being included within those of the Attendant. Restraining apparatus must never be applied unless directed by the Physicians. If a patient be so violent as apparently to require such restraint, he must be placed in his room, and information thereof be immediately given to the Physician; If required for medical or surgical reasons, the Physician may direct its use.

6. The first duty of the Charge Attendants, in the morning, is to see every patient under his care; he is then to give them their clothes and see that all are decently dressed and washed before breakfast; the beds are to be made, the rooms and all the parts of the hall swept, the urinals and spittoons cleansed, the water-closets, bath-room and bath put in good order, towels changed, etc., at as early an hour as possible.

No room is in good order if clothes which ought to be upon the patient, or in the wardrobe, are lying in it, or if anything is out of its proper place.

After these duties are performed, all the Attendants are to devote their time to the patients, endeavoring to promote their comfort, contentment and health, by the ordinary amusements and such other devices as will manifest an interest in their welfare.

At night the Charge Attendant, is to see that every patient is undressed and comfortably in bed.

All Night Attendants will go on duty at six and nine o'clock p. m. on alternate nights. They will assume charge of the patient at nine p. m., and remain responsible for them till six a. m., when they will be relieved by the Day Attendants.

The Chief Night Attendant will visit all the halls before nine-thirty p. m., when he will report to the Physician in charge, the presence of the night service on duty and the condition of the patients, and get directions and medicines for the night. During

the night he will report at once to the Physician in charge all serious illness, accidents, or other events, requiring immediate direction.

The Hall Night Attendants will carefully watch all patients during the night, particularly those inclined to suicide, self-mutilation, elopement, injurious habits, exposure or violence. They will get up and take to water-closet frequently all patients, inclined to be untidy.

They will report to the Chief Night Attendant, or if he cannot be found promptly, to the Physician in charge, anything of an unusual character, and receive directions and assistance, if needed in controlling patients. The safety of both patients and attendants, requires that a sufficient number of the latter, including the Chief Night Attendant, be present on such occasions, to restrain with gentleness, or discourage by numbers, any attempt at violence on the part of the patients.

The halls must never be left unattended either day or night.

7. The medicine under regular prescription is to be taken from the office dispensary at seven o'clock, a. m., half past eleven a. m., and five p. m. It is to be immediately administered and the Chief Attendant is, in all cases, to be assured that it is swallowed. It must never be given while the patient is at a meal, and in no case is it to be omitted unless by special permission of the Physician. After the medicine is given, the cups being previously cleaned and the labels arranged, so as to be read with facility, are to be returned to the dispensary.

New patients and those needing special attendants are to remain in their respective halls until after the morning visit, and the Chief Attendant must be present to accompany the Physician on that visit.

8. Every patient must take a thorough bath immediately after his admission, unless orders are given to omit it; and each patient must be bathed once every week, unless exempted therefrom, in particular cases, by the Physician. The Charge Attendant of each hall will have a stated period for this duty. The bath-tub is to be liberally supplied with water, and no more than one patient shall ever be bathed in the same water; the patients must never be left alone while bathing, and when they have left the baths, are to be carefully rubbed without exposure to cold, comfortably dressed, and all other precautions used to prevent them from taking cold.

At the time of bathing the nails of the patients are to be examined, cut if necessary, and thus kept constantly in a decent condition.

9. Every patient whose condition renders it proper, must eat at the table, and as the establishment and preservation of regular habits contribute to health and comfort, all who eat at the same table are to sit down to their meals and rise therefrom together. If any patient necessarily requires a much longer time than the others, at meals,

the Physician is to be informed thereof, and he will make an arrangement to meet the case.

The Attendants are to remain with the patients while they are at their meals, and assist in supplying their wants and preserving proper order and decorum. The knives and forks should be the last furniture placed upon the table, and the first taken off after meals are finished. They should be counted at both times, and after they are collected the Attendant must not go out of the room, under any pretext whatever, without locking them up.

This last rule must in all cases be most rigidly observed.

10. When a patient is admitted, the clothing must be taken to the property clerk, who will make out a list of it, and see that every garment is properly marked; it will then go into the care of the Charge Attendant, who will see that it is at all times kept in good order, and that which is not in wearing, decently arranged in the wardrobe. Each trunk must be marked and placed in the basement. The Attendant must keep a weekly list of the clothes which are taken to the Laundry and if any garment be not returned, information must be given to the Chief attendant.

When the clothing of the patient requires repairing, it must be carried to the seamstress. It is expected that this rule will be scrupulously observed, so that no patient will be compelled to put on any garment, in the morning, which is either ripped, torn, deficient in buttons, strings, or hooks and eyes. When a patient is careless of personal habits, the clothing is to be changed as often as is necessary to keep the individual dry and clean. The clothes are to be thoroughly rinsed and dried, and if there should not be enough to change as often as is necessary, they will be furnished on application to the Physician in charge.

It is a serious offence for any employees to borrow or wear clothing or other personal property, belonging to a patient.

11. The pillow cases and sheets of each bed are to be changed every week, on Saturday morning, and, for untidy patients, as much oftener as is necessary. Particular attention is to be paid to the mattresses, that they may be preserved in good condition. Hence, whenever it is necessary, an oil-cloth or rubber sheet should be placed between the mattress and sheet.

12. Each Charge Attendant is to encourage all patients whose situation admit of it, to attend service at the chapel. Their clothing and hair are to be neatly arranged, and, while at service, the attendant is to sit with and exercise a proper care over those of whom he has charge.

13. The Attendants are to accompany the patients in their walks,

taking all those who are in suitable condition. When a patient is suspected of wishing to escape, he should be taken out alone, or in company with another in whom confidence may be placed.

When the weather is unsuitable for walking, the Attendants are to superintend the amusements of the patients, or to engage in such other duties as may be directed.

Whenever, and by whomsoever, the patients are taken out, they must be returned to the hall, where they belong, and not left in the entries or on the stairs.

14. The carriages will go out, when the weather is suitable, in the forenoon, and in the afternoon, taking patients from the several halls in rotation, as directed by the Physician in charge. One or more Attendants will always accompany the patients in their rides, and exercise a careful watch to see that they do not attempt to leap from the carriage; and if there be any patient who is suspected of wishing to escape, he must sit beside the Attendant.

15. It is the duty of the Attendants who have charge of the exercise grounds to keep them in good order. They are responsible for the patients while they are within these limits; they will see that each one has a hat while on the lawn, and that their clothes are kept properly arranged, the pantaloons, vest and shirt-collars are buttoned; they must see that there is no loose board, box, stones, sticks of wood, or other article or implement in the grounds, with which the patients might injure themselves or others, or by the assistance of which they could climb the fences. They must not permit the patients to lie on the ground while in the grounds, but must endeavor to amuse, encourage and assist them in their games.

16. Care is to be taken, at all times, that the patients do not procure and secrete knives, forks, pieces of iron, or any implement or material which may be converted into an instrument by which they may pick locks, or injure themselves or others. This care is particularly required when out walking; hence it is necessary, at these times, that the Attendant should see that the patients keep together, that they enter no house, make no purchase, ask nothing from strangers as a gift, and do not stop to converse with those whom they meet.

When a patient is admitted, the Chief Attendant is to ascertain, as soon as practicable, whether there be a knife, or anything else unsuitable for him, in his pockets. If he have a knife, money, etc., these must be given to the Physician in charge.

17. Patients either known or suspected to be disposed to suicide, are to be observed with unceasing vigilance, their rooms and beds examined every night, and when they retire, everything with which they would be likely to injure themselves is to be removed.

18. When a patient is taken to see his friends, the Attendant must accompany him, and remain until he returns, unless the patient is committed to the care of some other responsible person.

19. The Attendants are to avoid visiting from hall to hall, except in cases requiring each other's assistance. Neither are the patients to visit in this manner unless permitted by the Physician. The sphere of duty of each Attendant is, with few exceptions, limited to the hall under his care. It is therefore expected of him to be in that hall, unless necessarily called therefrom, and, in the latter case, he is to return as soon as possible. It is a violation of duty for the Attendant to retire to his own room, to remain any length of time while the patients are in the halls and sitting-rooms. The Attendant's room is intended as a sleeping and dressing-room exclusively.

20. The Attendants are not permitted to give either pipe, cigar, snuff or tobacco to the patients, without sanction of the Physician; they must not loan them any money or make purchases of any kind for them; neither is it allowed for them to supply them with writing materials without permission from the Medical Superintendent or Physician in charge, and to him are all letters, notes and other articles written by the patients to be delivered.

Packages, parcels, etc., intended for the patients, must not be given to them, until they have been examined by one of the officers.

21. The Attendant should never leave his key in the door, or lay it down where it may be taken up by others, or entrust it for a moment, to a patient. Doors must be carefully locked.

22. No Attendant shall, on any occasion, leave the premises without the consent of the Physician.

23. No person who is not immediately concerned in the care of the patients, is to be admitted into the halls, without especial permission from the Physician. Patients and the Institution must not be discussed with strangers, either visitors or when met outside. All information obtained in the line of duty is confidential, and not to be used in general conversation.

24. A blow given to a patient, or neglect in the observance of the rules and regulations, will constitute sufficient grounds for the immediate dismissal of an Attendant. In case of discharge, the cause for this procedure will be given, or not, at the discretion of the Physician. It is required that any Attendant who means to leave the Asylum shall give the Physician at least two weeks notice.

25. A Damage Book will be kept by the Attendant of each hall, in which all injury to the property of the Institution, whether by the destruction of the bed clothes, or the breakage of windows, crockery,

chairs, or other furniture, is to be entered, with the name of the person who has done the injury. This book is to be brought to the office of the Physician every Saturday evening, and taken therefrom every Monday morning.

26. In order that every Attendant may have a thorough knowledge of these rules, a copy of them will be given to each at the time of entering upon the duties of the place. This should be returned to the office, and taken therefrom, every week, with the Damage Book, and in doing this, each Attendant must bring that, and that alone, which belongs to himself.

27. Another rule should be added, which is, that nothing which common sense or common humanity dictates, to make the comfort, safety or well-being of the patient more complete, will be omitted, because not specifically enjoined in the foregoing paragraphs. And further, that all connected with the Institution should so conduct themselves at all times and in all places, as to reflect credit upon it.

CONCISE INFORMATION
ABOUT
THE PSYCHOPATHIC BRANCH
OF
THE NEW YORK HOSPITAL
AT
BLOOMINGDALE
WHITE PLAINS, N. Y.

THE BLOOMINGDALE ASYLUM, formerly located at 117th St., between Amsterdam Avenue and the Boulevard, New York City, has been transferred to Bloomingdale, White Plains, Westchester County, New York.

BLOOMINGDALE, WHITE PLAINS,

Description

contains all the essentials for the best care and treatment of that class of the insane among which the work of the Society has lain for so many years. The buildings are of the pavillion type, loosely grouped together, of a cheerful appearance, handsomely furnished, and are situated upon an elevation, from which pleasant inland views are obtained on all sides. They are in the midst of extensive and cultivated grounds, well adapted to the outdoor enjoyments of the patients. The immediate surroundings of the Institution are comfortable and attractive. Elevators, electric lighting, many single and connected rooms for the individualizing of cases, detached villas for high-paying patients, special departments for hydro-therapeutics, electro-therapeutics, massage, systematic exercise, etc., are incorporated in it, and are, in their proper places, essential features of the treatment.

Access

The Institution may be reached by the Harlem Railroad by some fifty daily trains from the Grand Central Station. Forty-second Street and Fourth Avenue, New York City, twenty-two of which are express trains that make the trip in less than three-quarters of an hour. Public conveyances are always at the depot to convey passengers to the Institution, which is about twelve minutes further, and a special mode of transit is provided to certain express trains.

Visiting Days

On account of the distance between this Hospital and the Harlem Railroad Station at White Plains, the Committee of this Hospital have, up to the present time, gratuitously carried the friends of patients, on visiting days, in such vehicles as are kept for other purposes, principally for driving out patients on other days, but it is hoped that before long there will be a trolley service to Bloomingdale.

Experience has shown that it is impossible to carry all the friends of patients comfortable, if they all come on one visiting day, and hereafter and until further notice, the carriages of the Hospital will, as far as there is room in them, convey the friends of MEN patients arriving in White Plains on WEDNESDAY AFTERNOONS, between 1.45 and 4 o'clock, returning them to the station up to 5.15 P. M., and will not convey them on other days, except in special cases, such as serious illness of patients, etc.

The carriages of the Institution will meet in the same manner the friends of the WOMEN patients only, on SATURDAY AFTERNOONS.

In view of its limited number of carriages, and the large number of visitors, the Institution cannot carry back and forth more than two friends of any one patient in one week : and the good of the patients, as well as the work of the Institution, demand that patients shall not be visited more frequently, except in cases of serious illness.

The convenience of the Hospital, and the efficiency of its service, make it proper for visitors upon patients to bear in mind the foregoing, and to govern themselves accordingly.

Sunday will not be a visiting day.

Friends of patients under treatment may make inquiries about them on non-visiting days, by note, or telephone No. 104, White Plains, or at the times below mentioned as office Hours in New York City.

The Medical Superintendent may be seen on Mondays and Thursdays, and some medical officer on Tuesdays, Wednesdays, Fridays and Saturdays, from 12 to 12.30 o'clock (Holidays excepted), at the New York Hospital, 10 West 16th St., New York City, by persons desiring to inquire about patients, to arrange for new admissions, or to obtain other information regarding the Institution.

Application for the admission of a patient should be made by some friend acquainted with the facts in the case, either at the Institution, by letter or telephone, or at 10 West 16th Street, New York City, at the times mentioned above, when arrangements for the admission of the patient may be made, if a vacancy exists, and the case is a suitable one.

Parcels for patients may be sent by the American Express Company. They should be directed to *Bloomingdale, White Plains, N. Y.*, and have some name, without or within, indicating the patient to whom each package belongs.

All communications by mail or messenger relating in any way to patients, or to the business of the Institution, should be addressed to the Medical Superintendent.

SAMUEL B. LYON,
Medical Superintendent.

Telephone 104, White Plains.

Visits

Inquiries

City Office

Applications

Parcels and Letters

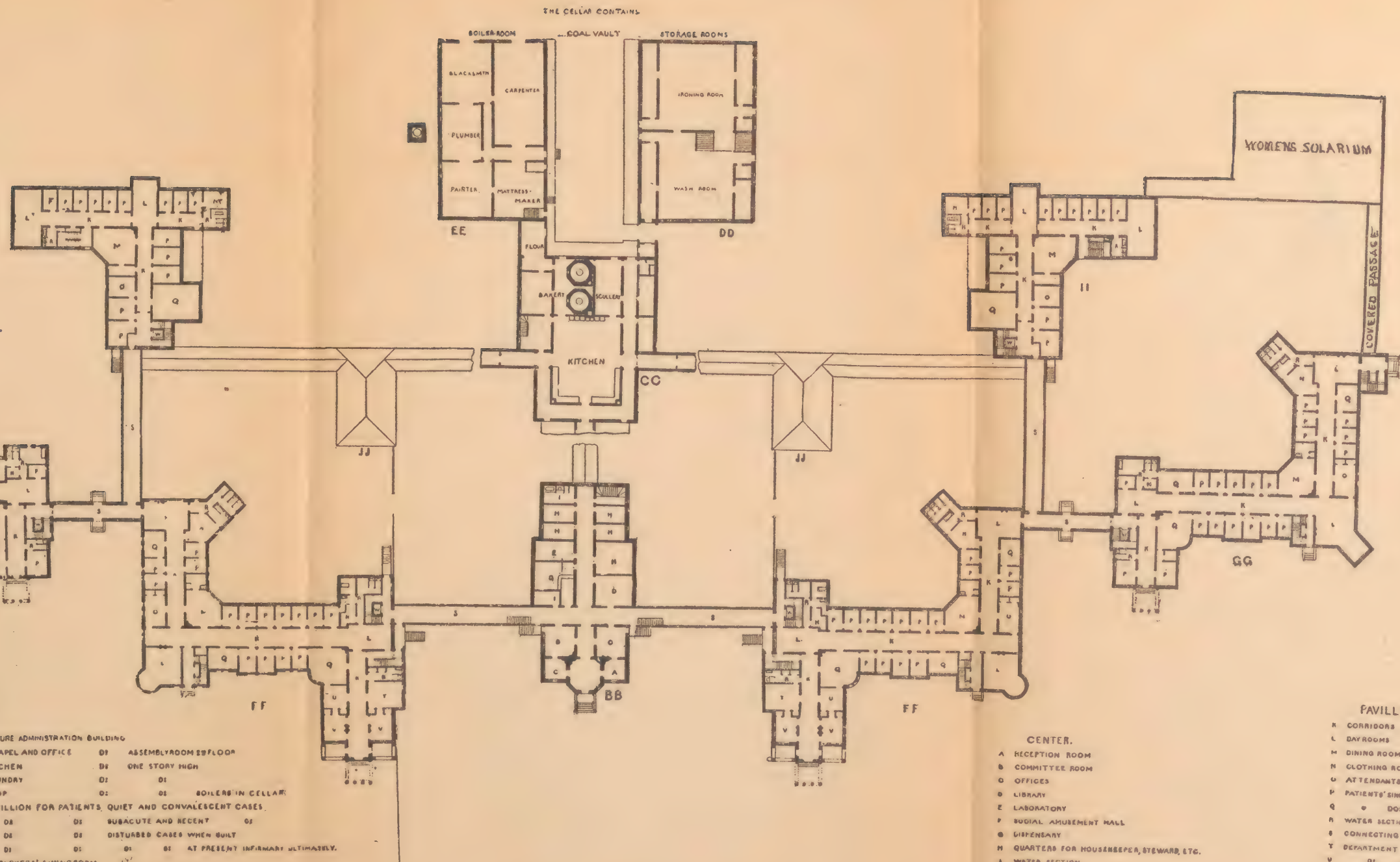
PLAN
OF
PRINCIPAL FLOOR OF ASYLUM

BLOOMINGDALE,

CAPACITY 300 PATIENTS

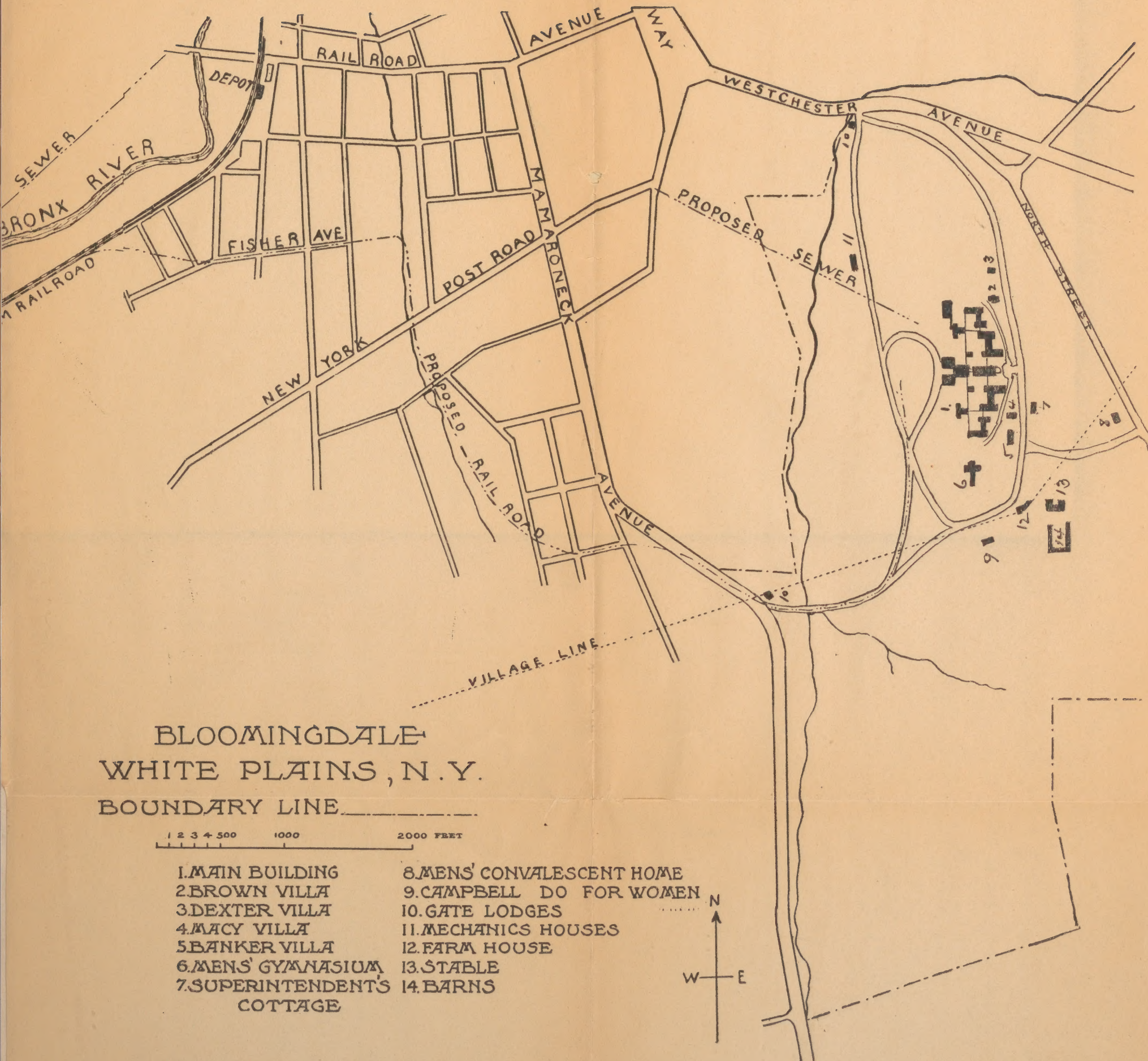


AA FUTURE ADMINISTRATION BUILDING
BB CHAPEL AND OFFICE
CC KITCHEN
DD LAUNDRY
EE SHOP
FF PAVILLION FOR PATIENTS, QUIET AND CONVALESCENT CASES.
GG 01 02 03 SUBACUTE AND RECENT 04
HH 01 02 03 DISTURBED CASES WHEN BUILT
II 01 02 03 04 05 AT PRESENT INFIRMARY ULTIMATELY.
JJ EMPLOYEES' DININGROOM



CENTER.
A RECEPTION ROOM
B COMMITTEE ROOM
C OFFICES
D LIBRARY
E LABORATORY
F SOCIAL AMUSEMENT HALL
G DISPENSARY
H QUARTERS FOR HOUSEKEEPER, STEWARD, ETC.
I WATER SECTION
J LIFT

PAVILLIONS
K CORRIDORS
L DAY ROOMS
M DINING ROOMS
N CLOTHING ROOMS
O ATTENDANTS' ROOMS
P PATIENTS' SINGLE ROOMS
Q PATIENTS' DORMITORIES
R WATER SECTIONS
S CONNECTING CORRIDORS
T DEPARTMENT PHYSICIANS' OFFICE
U SUPERVISORS' OFFICE
V RECEPTION ROOMS
W LIFT



BLOOMINGDALE
WHITE PLAINS, N.Y.
BOUNDARY LINE

1 2 3 4 500 1000 2000 FEET

1. MAIN BUILDING
2. BROWN VILLA
3. DEXTER VILLA
4. MACY VILLA
5. BANKER VILLA
6. MENS' GYMNASIUM
7. SUPERINTENDENTS
COTTAGE

8. MENS' CONVALESCENT HOME
9. CAMPBELL DO FOR WOMEN
10. GATE LODGES
11. MECHANICS HOUSES
12. FARM HOUSE
13. STABLE
14. BARN

